

**WIC: Nourishing** 

**Growing Families** 

# WIC News

Winter/Spring 2006

## **Snack Time Can Be Healthy**

Do you have a picky eater at home when it comes to healthy snacks? Does your child think that a snack has to be fried or baked and come in a bag or from a box? This behavior is normal and can be the result of the commercials that they see while watching their favorite programs and the eating habits of those around them. Making healthy snacks like bananas, apples, oranges, and other healthy choices available in a new, fun, and creative way can change their opinions and thoughts about snacks. Smoothies are a favorite of many house-holds and can be made as a healthy treat. You can use almost any fruit or berry to make a smoothie. Start with milk or orange juice and blend in berries and other fruits until you get the right thickness. Try saving those old bananas, instead of making bread or throwing them out, add them to a smoothie or freeze them for later use.



Fruit kabobs are fun and easy to make, take various pieces of fruit and put them on a pretzel stick. Try a new fruit each week such as star fruit, kiwi, mango, black berries, or papayas.

\*Ask your WIC Nutritionist for other healthy eating tips and see our recipes on the back\*

### **Ask the Nutritionist**

It is so hard to keep my child physically active during these cold winter months! Do you have any exercise tips?

There are lots of fun things you can do! Turn on the radio or your favorite CD and dance with your child. Try marching in place, or jumping jacks. Stretching is a great way to keep in shape. Get on a carpeted area, or lay a towel down and stretch with your child. Ask your child to show you how different animals, like bears or rabbits, move around. There are many activities you and your child can do outside! Try sledding. Walking up hills after a slide down can be great exercise! Go for a walk or have a snowball fight. Ice-skating is another fun way to stay active. Keeping in shape with your children is a great idea because your child will love the time you spend with them, and at the same time get some fun physical activity!

### **Bangor WIC Office**

103 Texas Ave Bangor, ME 04401

992-4570

Fax: 941-3063

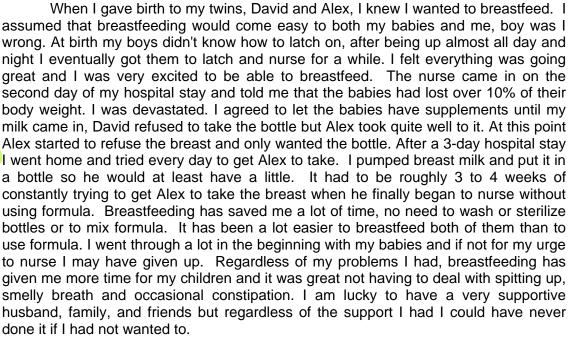
Web Site: www.wicforme.com

# **Bangor WIC Updates**

- We have a new phone system! Our phone number is now 992-4570.
- Please remember WIC is closed from 11:30-12:30 in outreach or 12-1 in Bangor for lunch.
- Always call the Bangor WIC office with questions not outreach locations.
- If you are transferring into our agency checks may be mailed to you after the appointment.
- We will be starting up fun group education sessions with yummy snacks, ask your WIC nutritionist for details!
- March is <u>National Nutrition Month</u>, we will be having weekly drawings for fun prizes, be sure to enter! Visit <u>www.eatright.org</u> for more information.

# **WIC News**





Breastfeeding is definitely a challenge, but there is nothing more precious than seeing my baby fall asleep at the breast or to give me that smile while still attached. At almost 10 months old my twin boys are exclusively breastfed, we are starting the hurdles of teething and mobility. I feel like I have made a big accomplishment being able to struggle through all the problems I have had, it has not been easy, but it was definitely worth it. Breastfeeding has to be something a mother really wants to do and has to be determined to do. I know first hand how fast people can just say "why not give them a bottle". Not every woman can exclusively breastfeed but if your mind is set to do something, nothing will stand in the way. —Lisa-



Referral Info.

Center

Miles For Smiles

1.866.298.0893

**Bangor Dental Clinic** 

992.4546

Mainecare

1.800.432.7825

Public Health Nursing

1.800.698.3624

**Nutrition Education-**

**Cooperative Extension** 

1.800.287.1485

**Car Seat Information** 

1.800.698.3624ext 9968

Tobacco Helpline

## Fruit Smoothie

- 1 quart strawberries 1 banana, broken in pieces
- 2 peaches
- 1 cup orange juice 2 cups ice
- -In a blender combine fruit, and blend till pureed.
- -Add juice, and ice and blend to desired texture.
- -Pour into a glass and serve.

#### **Edible Face**

- 1 ounce Cheddar cheese 8 thin wheat crackers 2 cherry tomatoes, halved 1/4 cup carrot-shredded 1 orange, peeled and segmented
- -Cut cheese into shapes (squares, circles, triangles).
  -Place cheese and tomato on crackers. Use these items along with the carrot and orange to make the face complete with eyes, nose, ears, and hair!

### **Yogurt Parfait**

- 2 cups vanilla yogurt 1 cup granola, Grapenuts, or, Honey Bunches of Oats 8 blackberries
- -In large glass layer 1
  cup yogurt, 1/2 cup
  granola and 4
  blackberries.
  -Repeat layers.

These recipes are found at www.allrecipes.com